



Physical Education

Ball Skills Hands 1 Foundation

Unit Purpose

The unit of work will **explore** different ways of using our hands to move with a ball, keeping control.

Pupils will explore **rolling, pushing** and **bouncing** a ball with a partner.

Inspire Me

Did you know... The most games of tenpin bowling completed in a row is 643 games. This was achieved by Stephen Shanabrook from USA who played for a whopping 134 hours and 57 minutes.



Key Success Criteria

- P** Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders.
- C** Pupils will develop their concentration skills by focusing on the ball as they move it. Pupils will use their imagination as they take part in game activities.
- S** Pupils will develop life skills such as gratitude and empathy as they encourage and support each other.
- W** Pupils will apply their skills with developing success as they demonstrate courage and self belief to keep working as hard as possible.



Vocabulary for Learning

Space: is an open area on the pitch that is unoccupied by another player. The attacker in possession of the ball needs to identify open spaces to move into keeping control.

Control: means keeping the ball close to us when we are dribbling, preventing the defenders from gaining possession. If the ball is under control by the attacker in possession it should not go out of the playing area.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.

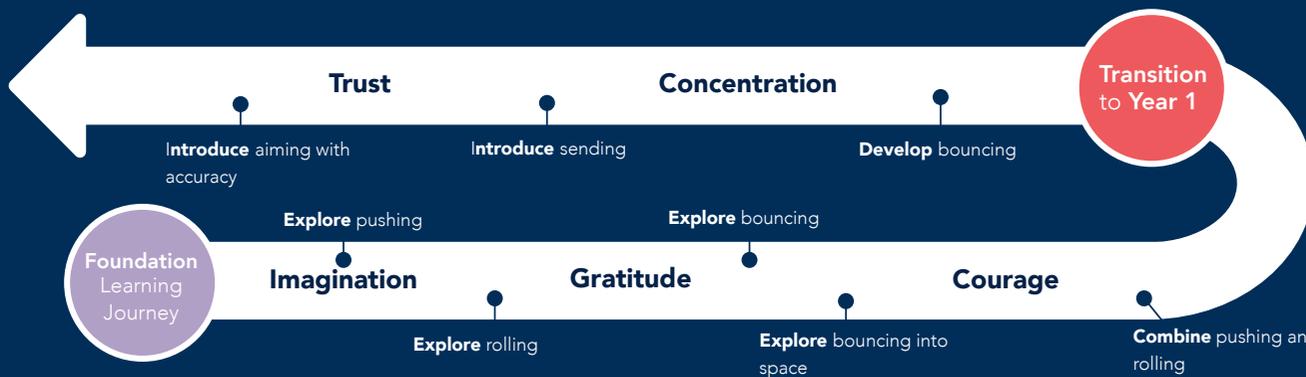


Sport Specific Vocabulary

Bouncing: means using our hands to push the ball towards the floor. If the attacker in possession of the ball continuously bounces the ball and moves around the space, keeping control this is known as dribbling.

Rolling: is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.

Pushing: is a method of sending the ball using our hands. The person pushing the ball will extend their hands away from their body to direct the ball towards a target or their partner.





Physical Education

Ball Skills Hands 1 Year 1

Unit Purpose

The unit of work will **develop** pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why.

Pupils will combine their **sending** and **receiving** skills to keep **possession**. Pupils will explore stopping the ball.

Inspire Me

Did you know... that Basketball, Handball and Gaelic Football are sports that require us to dribble a ball with our hands. Water Polo is a sport that requires us to swim and dribble a ball using our hands at the same time.



Key Success Criteria

- P** Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball.
- C** Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.
- S** Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.
- W** Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly.



Vocabulary for Learning

Possession: is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.

Space: is an open area on the pitch that is unoccupied by another player. The attacker in possession of the ball needs to identify open spaces to move into keeping control.

Control: means keeping the ball close to us when we are dribbling, preventing the defenders from gaining possession.

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court.

Accuracy: is the ability to control where we roll, bounce or push a ball.

Power: is the intensity and speed that a ball is rolled, bounced or pushed.





Physical Education

Ball Skills Hands 1 Year 2

Unit Purpose

The unit of work will challenge pupils to **combine** their developing dribbling, passing and receiving skills in order to **keep possession** and score a point.

Pupils will apply these skills in teams in various games and activities.

Inspire Me

Did you know... The most bounces of a basketball in one minute is 708! This record was achieved by Leon Walraven from Netherlands, on 20 February 2019.



Key Success Criteria

- P** Pupils will be able to dribble, pass and move with developing accuracy. They will combine these skills to score points.
- C** Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.
- S** Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.
- W** Pupils will continue to effectively apply life skills such as self belief and integrity as they strive to improve their own performance whilst playing fairly.



Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.

Opponent: means a player on the other team. If we are an attacker dribbling we need to keep the ball away from the defender who is our opponent.

Team: is a group of players from one side who come together to try and achieve a common goal.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the space.

Chest Pass: Is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level.

